## **Eat Your Colors Every Day!**

EDUCATING STUDENTS ON FRUITS AND VEGETABLES

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## **Tips**

## Help Students Eat More Fruits and Vegetables

- Plan NSLW activities that highlight the colorful variety of musically named fruit and vegetable menu items.
- Use 5 A Day The Color Way promotional materials to decorate the serving line. Visit www.shop5aday.org to view the catalog items available.
- Involve teachers and students in musical activities about fruits and vegetables. For songs, music and ideas visit www.5aday.org to view the CDs available in the catalog.
- Display several copies of the Tuba Player Eat Your Colors Every Day poster available from www.5aday.org.



For NSLW fruit and vegetable menu item recipes, visit http://docs.schoolnutrition.org /recipes/

For more NSLW ideas, see School Foodservice & Nutrition, April 2005.

## Use Color to Highlight NSLW Fruit and Vegetable Menu Items

National School Lunch Week (NSLW) October 10 -14, 2005 is another opportunity to promote fruits and vegetables to your students.



School Lunch: It's Instrumental the NSLW theme is supported by five jazzy menus. Each menu includes musically named fruit and vegetable items. The following is how to use color to feature the variety needed for optimal health.

**MENU** I'm with the Band **RED** 

Saxophone Salad - contains pinto beans and red pepper. BLUE/PURPLE

Brass Berry Ice - add a toping of blueberries to gelatin.

**MENU** All that Jazz

GREEN, WHITE Piano Potato Pizza - contains green pepper and potato.

GREEN,

YELLOW/ORANGE

Cool Carrot Sticks & Bebop Broccoli - contains broccoli and carrots.

**MENU** Noteworthy

**GREEN** 

Key of B Beans - contains green beans. GREEN,

YELLOW/ORANGE

Symphony Salad - contains lettuce, apples, celery, green pepper, carrots, and orange juice.

**MENU** Jukebox Hero

GREEN

Soul Salad - contains lettuce and cucumber.

YELLOW/ORANGE

Pop Pineapple & Country Coconut - contains pineapple and oranges.

**MENU** Sing for your "Supper" GREEN, WHITE, YELLOW/ORANGE

Soloist Salad - contains lettuce, canned pears, and carrots.

A Capella Applesauce - contains apples.

Help your students eat a colorful variety of fruits and vegetables!

Contact Produce for Better Health **Foundation School Foodservice** 

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